

# Consortium Connection

## “Healthy Environment, Healthy Lifestyles, Healthy Community”

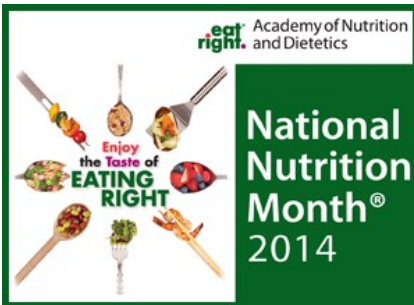
### March is National Nutrition Month

To celebrate National Nutrition Month, make healthy eating fun this month!

Challenge your family to try a new fruit or vegetable each week and involve the whole family in cooking new, healthy foods.

#### We Challenge You!

The Office of Community Health and Planning invites the community to take a Health Challenge during National Nutrition Month.



Visit the Academy of Nutrition and Dietetics—[EatRight.org](http://EatRight.org)

This year’s theme, “Enjoy the Taste of Eating Right,” emphasizes the importance of preference. After all, it doesn’t matter how many nutrients a food provides if you don’t enjoy it enough to eat it on a regular basis.

For many individuals, this is a scary proposition and it can be challenging to know how to eat well without sacrificing taste. But the only way to figure it out is to begin with experimenting with different foods and ingredients. There is no better time than the present to challenge yourself to eat better. There are 31 healthy eating challenges to try at home to start discovering what foods and flavors work for you and why.

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and choose from among the healthy challenge ideas.

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal.

This is a great opportunity for you to be inspired to increase your level of physical activity and improve your nutrition. Also gain access to the USDA’s SuperTracker which helps you keep track of your daily food intake and physical activity supporting you as you make healthier choices! You can even print out a certificate of completion at the end of the month to celebrate your healthy accomplishment!

Download a worksheet from the USDA with healthy meal information [here](#)

# What’s on your plate?

March 2014

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## Emergency Room Dental Care

More Floridians are visiting the Emergency Room for Dental Care

On February 26, 2014, the Florida Public Health Institute (FPHI) released a report entitled Hospital Emergency Department Use for Preventable Dental Conditions: 2011 & 2012. The study found that in 2012 more than 139,000 Floridians were treated in hospital emergency departments for oral health ailments that could have been treated in a dental office or avoided with adequate primary dental care. Charges for these visits exceeded \$141 million – a \$25 million increase between 2011 and 2012.

In addition to state data, the report includes fact sheets for all 67 Florida counties and lists zip codes with the highest number of visits in each county. Visits and charges are grouped according to payor and age.

In 2012, Miami-Dade County's oral health emergency department charges exceeded \$11 million, rising from \$8.7 million in 2011. These numbers may suggest limited access to affordable primary dental care.

Working together with the Consortium for a Healthier Miami-Dade's Children's Issues Oral Health subcommittee, FPHI will be gathering information from parents in order to identify the barriers they meet when trying to access dental care for their children. The information will be used to inform decisions and interventions in order to improve our community's oral health.

To view the report, please visit: <http://www.flphi.org/FloridaOralHealthERFactSheet>.

Stay tuned for additional detail on pediatric and geriatric visits due out by April.

Christine Kovach Hom—Children Issues committee



## Weight of the Nation

UROSE (Reaching Out to Students Everywhere) at the University of Miami encourages students to eat right, be active, and have a healthy weight.

ROSE recommends that students adopt good habits now to help them live a long, sweet life. ROSE is available to talk about health and wellness at schools, places of worship, and community organizations to children, teenagers, and parents at no additional cost. Brief interventions are available at no cost for children, teens, and parents who would like help adopting a healthy lifestyle and managing weight.

On April 10th UROSE will offer a free viewing of HBO's "The Weight of the Nation" documentary. The series examines the obesity epidemic and explores the serious health consequences of being overweight or obese.



### WHAT:

Free screening and panel discussion with UM faculty of the HBO series

### WHEN:

April 10 @ 6:30 p.m.

### WHERE:

UM Cosford Theater  
5030 Brunson Dr  
Coral Gables, FL

### RSVP:

Email: [ROSE@psy.miami.edu](mailto:ROSE@psy.miami.edu)  
Call: (305) 284-6708

## Is Sitting the New Smoking?

Too much sitting is linked to heart disease, diabetes, and early death from all causes. That's right, the World Health Organization puts sitting or physical inactivity 4th on the list of risk factors for death worldwide.

And while sitting isn't good for either gender, women fare worse when it comes to spending the day in a chair. According to a study by the American Cancer Institute, women who sat for more than six hours a day were more likely to die than women who sat for three hours or less a day.

So if you are like me and have a job that requires more than six hours sitting at a desk, here are a few ideas to help us avoid those dismal statistics.

- 1) Stand whenever possible—during meetings, while on the phone, take the stairs, etc. Standing or moving triggers the body to break down fats and sugars.
- 2) Put your computer on a higher desk that allows you to stand part of the day and work.
- 3) If your company can get a treadmill, put one in a break room and get on it for 10 minutes at a time.
- 4) Take an exercise class although exercising a few times a week doesn't seem to undo all the sitting problems.
- 5) Walk around your office space a few times a day.
- 6) Have meetings while walking.
- 7) Work through lunch, leave early and work out if your boss will allow it.
- 8) Set a timer and make yourself get up and stretch at your desk.
- 9) Buy a pedometer and track your steps
- 10) Order a stand-up desk or treadmill desk station—they are pricey, but if your company will do it, it is worth it.

By Linda Mintle Worksite Wellness



## Registered Dietitian Nutritionist Day

Wednesday March 12, 2014—As the nation's food and nutrition experts, registered dietitian nutritionist are committed to improve the health of their patients and community. Registered Dietitian Nutritionist Day is the day to recognize their works and contribution.

Every Registered Dietitian Is a Nutritionist, but Not Every Nutritionist Is a Registered Dietitian

Registered dietitians receive their credentials through the American Dietetic Association (ADA). Most will do internships through a hospital or medical facility, which puts them in the position to create meal plans for patients, work for medical facilities and oversee nutritional guidelines for large numbers of patients. They can have one-on-one contact with patients and counsel them on their nutritional needs, especially patients trying to overcome specific illnesses, such as cancer. They are experts in their field, and are governed by the ADA.



They are also experts in their field, and are governed by the ADA. They are also known to work in schools and other institutions, making sure that the children and other populations are getting nutritional meals.

# Upcoming Events



## Make Miami Your Own.



### Learn how! Attend a Challenge workshop in March.

The Miami Foundation, together with Health Foundation of South Florida, is investing \$130,000 in your best ideas for creating and improving local public spaces.

Get expert advice on submitting a winning idea at one of our workshops. Help make Miami a more attractive and engaged place to live.

- March 19: 12 p.m. - Webinar - [miamifoundation.org/ourmiamirsvp](http://miamifoundation.org/ourmiamirsvp)
- March 20: 6-8 p.m. - Meet & Greet - PAMM, 1103 Biscayne Blvd.
- March 26: 6-8 p.m. - Downtown Miami - MCAD, 100 NE 1st Ave.

*\*All locations/times are subject to change. RSVP at [ourmiami@miamifoundation.org](mailto:ourmiami@miamifoundation.org)*

Submit your idea **March 3 to April 8, 2014** at:  
**[ourmiami.org/challenge](http://ourmiami.org/challenge)**

#### With support from our partners:

Neighbors and Neighbors Association  
Opa-locka Community Development Corporation  
Miami Children's Initiative (MCI)  
Miami Dade College Earth Ethics Institute  
Miami Center for Architecture & Design (MCAD)  
Townhouse Center

South Florida Community Development Coalition  
Trinity Empowerment Consortium  
Little Havana Merchant Alliance  
Tropical Audubon Society  
Tools for Change  
Consortium for a Healthier Miami Dade



**For additional information or to participate in the Consortium contact us at:**

Tel: 305-278-0442 [www.healthymiamidade.org](http://www.healthymiamidade.org)

To contribute content to the newsletter contact [Amelinda.Loddo@flhealth.gov](mailto:Amelinda.Loddo@flhealth.gov)